1000 to Compete in 30th Annual National Championships in San Jose

More than 1000 athletes from most of the 50 states, Canada, and some foreign countries will participate in the 30th annual USA National Masters Track and Field Championships on August 7-10 in San Jose, Calif. The event will be held on the blue, eight-lane track at San Jose City College, host of the 1984 and 1987 USA Open T&F Championships, the 1995 Junior Olympics and the Bruce Jenner International Classics.

Competition will be held in five-year age groups for both men and women from ages 30-34 to 95+. There are no qualifying standards to enter the meet, except to be at least age 30.

Late Entries to August 4

The entry deadline was July 11. However, meet organizers will accept late entries up to Mon., August 4 with a $50 penalty fee.

Awards to First Three

The first three U.S. finishers in each event will receive an official USATF Championship medal. Duplicate awards will be given to foreign athletes who place.

Free shuttles will be provided to and from the college, the dorms and the Hyatt San Jose throughout the Championships.

Athletes’ Meeting

The general athletes’ meeting will be held on Friday following competition, and is open to all. Age-group awards will be presented, and an open discussion will follow. Details of time and place will be in the competitors’ packets.

Barbecue

A post meet barbecue, open to all athletes and their guests, will be held at the end of competition on Sat., August 9, at San Jose City College. There will

Khiterman, Horovitz Top Masters

5468 Finish Grandma’s Marathon

by JANNA WALKUP

Challenged by the second-hottest Grandma’s Marathon in the event’s 21-year history, Lev Khiterman of Russia and Gillian Horovitz of New York City, powered to masters wins on June 21 in Duluth, Minn.

Khiterman, 45, picked up $1000 in prize money en route to a 2:25:47 clocking. Steven Ward, the top M40 finisher (2:30:49) pocketed $700, while third-place masters finisher Rob Whetham (2:32:22) picked up $300 and second place in the M45 division.

Horovitz, in her sixth Grandma’s appearance, took home $1000 for her efforts in winning the overall women’s masters title as well as the W40 title.
The Right Way
For Seniors
To Cross The Bar

Study after study shows that active seniors live happier, healthier, longer lives — or does it just seem that way?

If you are interested in finding out what 3,500 senior athletes (50 and above) from all over the United States and a dozen foreign countries think about it, join them at the eleventh annual Huntsman World Senior Games in St. George, Utah, October 13-24, 1997.

Competition includes cycling, softball, swimming, tennis, bowling, racquetball, track and field, basketball, golf, horseshoes, table tennis, triathlon (individual and team), basketball free throw and 3-point shoot, mountain biking, bridge, volleyball and roadracing events.

Huntsman World Senior Games
Eleventh Anniversary
St. George, Utah – October 13-24, 1997

FOR MORE INFORMATION,
CALL 1-800-562-1268
82 West 700 South, St. George, UT 84770
$200 ENTRY FEE
There has been an increasing trend in professional sports to charge higher and higher admission fees. This trend now seems to be taking place in masters athletics with the proposed $200 entry fee for the Nike World Masters Games.

There is no justification for a World Masters Games' Track & Field management fee of $188,000 (25% of total costs), as noted in Ken Weinbel's Track & Field Report in the May issue of the National Masters News. It seems that masters track & field and LDR athletes will also have to pay for "Operations out of the Portland Office" (57% of those costs).

If these outrageous fees are accepted by the masters community, we can expect similar fees for future events.

I strongly urge that we express our displeasure by not participating in this "rip-off."

Robert G. Fine
Delray Beach, Florida

EARLY REGISTRATION
The practice of meet and race directors requiring early registration (almost a month for the 1997 Nationals) and not allowing late registrations needs to be examined. Early registration, as it stands now, penalizes athletes, especially if they must withdraw because of injury or extenuating circumstances.

I have requested USATF Masters T&F Chairman Ken Weinbel to include this matter on the agenda for discussion at the athletes' meeting in San Jose. I would like to present some ideas on how to eliminate the need for early registration and reduce the amount of pre-meet paperwork (seeding of heats, for one).

Andrew Hecker
Ventura, California

NEW AGE-GROUP ATHLETES
I have been a subscriber to NMN for many years and never have been listed when I moved to another age group. Before I renew my subscription, I would like an explanation as to why I have always been left off your list.

Joe Casic
Portland, Oregon

(The list is compiled by Pete Mundle, World and USA Masters Track & Field Records Chairman, and is composed of athletes who, at one time or another, have set a single-age record in an event. The list is not created to let an individual know when his or her birthday is, but to let others know NMN has twice asked the USATF home office in Indianapolis for a complete list of all USATF-registered masters' birthdays, but USATF has refused, citing reasons of "privacy." – Ed.)

JAVELIN CLINIC
I conduct a javelin clinic every Sunday at noon at Saddleback College in Mission Viejo, Calif. For the past eight months, I've been coaching five masters throwers. We look forward to our weekly workouts and informal competition and throw until we get tired. I coach and motivate at a very high level, but we also have a lot of fun.

Please call me at 714-586-8995 for information or just show up at Saddleback College off the I-5 Freeway at Avery in Mission Viejo. I guarantee at least a 30-foot improvement at any level. Children over 12 are invited.

Larry Stuart
El Toro, California

NO FALSE START RULE
Unaccustomed as I am to disturbing the status quo, I find myself strangely compelled to reply to Starter-Sprinter Director Hank Nottingham's even stranger defense of his position on having the "no false start" rule rescinded. After reading his wordy effort in Speaker's Corner (July NMN), I can feel his personal and individual passion in desiring to bring down the entrenched power structure that now exists within the masters USATF organization, which, through its "power and influence" have railroaded this particular bit of ugly legislation into being. Though I can't quite gather his reasoning, as it tends to fall back upon itself, I do, I believe, "feel his pain."

I'm sure he can substantiate his claim of 80-90% of sprinters nationwide feeling as he does. But without some factual evidence, it seems unfair to make such a claim. Claiming that this huge percentage harbors a "burning resentment" for the "abuse" of the rule, seems to be an effort to incite the masses to rebellion based on his own personal dissatisfaction. I say that because I'm not at all certain regarding the dimensions of his cross-section of information. For example, every person that I have talked to since his plea came forward, has said that they really like the rule the way it is – all three (my mother and both of her canasta partners).

In no way would I endeavor to prevent him from stating that "a small group of people for a number of years have refused any consideration of what the vast majority really wanted," but wouldn't it have more meaning if he were to name those people and enumerate their transgressions of inconsideration?

At any rate, Hank appears ready to do battle with the establishment. It would seem that he has already formed a boycott of himself and "some" others who now refuse to compete where the rule is enforced. (I wondered where all the sprinters had gone!) Failing in that maneuver, or simply desirous of speeding up the process, he has purchased a "Petition" that can be sent in expressing the dissatisfaction of all of those who are dissatisfied. Nothing

Continued on page 9
Preview of Nationals

Continued from page 1

be a special guest speaker. Cost of the barbecue is $20.

Declarations
Athletes must make a final declaration (sign-in) in person at the track at least two hours prior to the listed start time for the event. Athletes who do not sign in, will be scratched from that event.

Relays
Relays must be comprised of duly accredited athletes from a single club, association, or region. Teams will be divided into 10-year age groups. Entries will be taken on-site only. Entry fee is $40 per team.

Special Events
The popular, annual age-graded 100-meter races for men and women will again be staged. Based on the WAVA age-graded tables, the races will feature the winners of each 100-meter final (see distance handicaps below). The races will be held Sunday afternoon and are sponsored by the National Masters News, with $300 prize money ($75 first, $25 second) for each race.

Athletes’ Packets
Athletes’ packets will include time schedules, updates, bib numbers and their entries. Athletes’ packets will be taken on-site only. Entry fee is $40 per team.

Officers
All officials will be certified USATF officials. Many have worked USATF Championships as well as the Bruce Jenner meet.

Jim O’Neil
San Diego’s Jim O’Neil, the only athlete to compete in all 29 National Masters Championships, is expected to be on hand to keep his streak alive.

Transportation
San Jose International Airport is just three miles from downtown San Jose. Two other airports, in San Francisco and Oakland, are within 45 minutes of San Jose.

Amtrak links San Jose to Sacramento and connections throughout Northern California and the USA. CalTrain links San Jose to all cities along the 50-mile route to San Francisco. The San Jose train station is located in downtown San Jose, within walking distance of many of the hotels.

A new county-wide light rail system makes downtown San Jose stops with all attractions, shopping and dining. A list of major hotels and dorms was published in the July NMN.

Weather
The weather should be ideal, with temperatures in the mid-70s or 80s, low humidity and virtually no chance of rain.

Sightseeing
San Jose is at the center of the world’s top technology region. San Francisco is an hour’s drive north, Monterey/Carmel is an hour south, and Yosemite National Park is three hours east.

Attractions include the Children’s Discovery Museum, Raging Waters amusement park, Great America theme park, the Winchester Mystery House, the Tech Museum of Innovation, the Santa Cruz beach and boardwalk, and the Monterey Bay Aquarium.

Other available activities include a day of golf and sightseeing on the Monterey Peninsula and a tour of one of the region’s fine wineries. The organizing committee will help to arrange easy day trips or excursions to points beyond.

Demographics
San Jose is the third largest city on the West Coast and the 11th largest city in the USA. With a population of 805,000, San Jose is larger than San Francisco; Boston; Washington, D.C.; Seattle; Miami; Denver; and New Orleans.

The city possesses a new convention center, luxury hotels, modern transportation, fashionable boutiques and shops, and lively entertainment. A $2 billion downtown renaissance has created a vital urban center. San Jose ranks as one of the safest big cities in the USA, scoring the lowest crime rate among the 36 largest U.S. cities in two consecutive years.

Fifteen hundred of the 2500 largest electronics firms in the U.S. are located within a 30-mile radius of downtown San Jose. The fifth largest TV market in the U.S., San Jose ranks third in the U.S. in median household income, with $45,622. Nearly three million people live within a 30-mile radius of downtown San Jose.

Results
Complete results of the meet will be published in the September issue of NMN.

DISTANCES TO BE RUN IN AGE-GRADED RACES

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Home-Tested Tips From The Internet

If you're looking for information on track & field or road racing, the Internet has dozens of different sites to visit. You can get expert coaching advice, scientific articles, results, records, profiles, and stories. You can look for soul mates or hook up with soul mates by letting others know your specific needs or communicating directly in a chat room.

There's also all kinds of home-tested advice from everyday runners, little tips that you don't always find in books or publications. One selection in the Runner's World site has about 40 such suggestions. Here are some selected tips ranging from baby wipes to buttocks-tightening that may help you in the pursuit of your goals.

Baby Wipes: "On long runs I carry a few baby wipes in a small zip-lock sandwich bag," writes someone identified only as DSruns. "They stay cool to wipe your face in hot weather and they're there for that emergency pit stop when the port-a-john is out of paper."

Hot Peppers: Mild poblanos to fiery hot jalapenos are low in calories, nearly fat-free, loaded with vitamins A and C, and can increase calorie burning by as much as 25 percent according to an unidentified contributor, who believes many competitors are missing out by not including these as part of their regular diet. Moreover, the writer states that they contain a chemical called capsaicin that may be an anti-cancer agent.

Match Books: Andrea 534 recommends wedging a match book under your heel if you have an Achilles tendon problem. "This will help reduce the stress," she explains. She goes on to say that you should never stretch a tight muscle during a long run. "While stretching the muscle might make it feel better, you might also injure the muscle. I learned that the hard way."

Milk Jugs: If you want to run at work but don't have a place to shower, Chris Presley of Chattanooga, TN, recommends filling up milk jugs with water and taking them to work with you. "My husband and I put two three-gallon milk jugs full of water in the back of his pick-up before heading to work in the morning," she explains. "After our afternoon runs, we use one each to 'shower' in the parking lot. We then change in a local bathroom or in the bushes and go on with our evenings without having to go home to change."

Environmental Running: Terry Stockdale of Casper, WY, picks up aluminum cans while running, flattens them, and tucks them in his shorts. "The kids get extra dollars from recycling; it cleans the environment and makes me a little more noticeable. I found it eliminated bouncing ligaments, and tendons, and acts as another brace," offers William Huston.

Pipe Cleaners: Ellen Adams of Farmington, MI, recommends using pipe cleaners to make shapes of your running goals. "We keep our pipe cleaners with us all day before the race; it helps your mind realize your goals."

Pat Donohue, 43, and Bill Veasley, 48, both from Alexandria, Va., who finished in the same time of 64:20, George Washington Parkway 15K, Mt. Vernon, Va., April 20. Photo by George Banker

Michael Georgi, 44, first master (22:06), King Kamehameha Kukini Mile, Honolulu, June 7. Photo by Tesh Teshima

TYMN
Hayward Classic

Continued from page 1

On Saturday, Dan Bulkley, 80, Phoenix, Ore., broke the M80-84 world record of 11:39:03 held by Eugene Keller for the 2000m steeplechase with an 11:11.20. John Hegner, 65, Springfield, Ore., lowered the M65-69 U.S. record of 8:23.74 by Avery Bryant for the steeplechase with an 8:10.29. On Sunday, Bulkley erased the world record of 68:0 by Karl Trei for the 300m with a 65:03.

In the National Masters News Age-Graded Mile, John Keaton, 72, McMinville, Ore., the 1996 USATF Masters Long Distance Runner of the Year, ran a 5:51.44 to win the NMN $50 award, with an age-ranked 90.5%. The field consisted of 14 men and 2 women, ages 32 to 72. Keaton's time was also a single-age world best.

Paul Heitzman, 66, of Kansas, 1997 M65-69 indoor champion in the 800, 1500, and 3000, was the second-best miler with a 90.0% 5:28.77, for which he received a $25 award from the NMN. The overall winner was Dale Londo, 32, of Eugene, in 4:25.53.

Montana's Tom Gage, 54, ex-Olympian in the hammer, won a $25 prize from the Seattle Masters Athletic Club for the best age-graded weight throw of 53-3/ (79.3%) with the 35-lb. implement.

The awards were presented at the athlete's reception Saturday evening hosted by the Oregon Masters Athletic Club, the meet sponsors, at the meet headquarters Phoenix Inn.

Lance Deal, silver medalist in the hammer at the 1996 Atlanta Olympics and holder of the U.S. hammer record and weight throw world record, conducted a clinic sponsored by the National Masters News on Saturday.

In the sprints, Paul Edens, 56, Portland, Ore., with a 92.2% 12.46 in the 100m, and Mary Libal, 47, Corvallis, Ore., 1996 USATF Masters T/F Woman Athlete of the Year, with a 91.6% 13.09 in the 100m, were the top performers. Cindy Steenbergen, 43, of Texas, won the W40 race with a 90.0% 12.92.

Jack Craig, 47, ran the 110m in an A-G 92.3% 16.00. Keith Nelson, 42, high jumped 1.9665, an A-G 92.4%.

World record holder Joe Keshmiri, 59, Reno, Nev., hit a 15.32/0-3 mark with the 6kg shot for the meet's top age-graded performance of 100%. Record holder Ross Carter, 83, of Eugene, was the best in the discus, with an 89.9% 33-10/9-7.

Ninety-three-year-old Myra Fromme, of Eugene, who ran the 100, was featured in local television sportscasts. Results and short articles on the meet were published in the Eugene Register-Guard.

The team competition, instituted in 1996, was again won by the Oregon TC Masters, whose men and women outscored their counterparts from the Portland Masters TC, winning by a total of 1184 to 798. The Seattle Masters AC, predominantly throwers, scored 146.

Participants found the weather almost perfect on both days, except for a slight shower on Saturday. The usual large number of meet officials, volunteers, and support staff that characterize Hayward Field meets was on hand.

Despite some glitches in the reporting of results on the first day, athletes gave the meet high marks. At the athletes' reception, Paul Heitzman, second in the Age-Graded Masters Mile and winner of the M65 3000 (10:56.15), said, "We don't have anything like this for masters in Kansas. I hope to be back next year."

The meet was also the USATF Oregon Association Masters Championships. The first eligible finisher in each event was awarded an association championship patch.

As participation in masters meets below the national championships level appears to be stagnant, the Hayward Classic keeps growing on its reputation for being a high-quality meet. It's one of the few meets that keeps meet records, which were published in the program, along with the Oregon Association Championships records.

Ruth BreMiller and Frank Lulich were the meet directors. Dick Lee served as meet referee. Miles Smith was in charge of computer operations.

The major sponsors were Pacific Continental Bank, Carter & Carter Financial Center, Duncan & Brown Real Estate Appraisers, and Oregon Track Equipment. The cities of Eugene and Springfield contributed the use of Hayward Field for both days.

Grandma's Marathon

Continued from page 1
(2:52:50). W45 winner, Marina Jones, also cracked the three-hour barrier (2:58:20) and picked up $700 in prize money.

Third-place women's masters finisher (second in W40), Jean Davis, earned her $300 with a time of 3:00:11.

Other top masters times were turned in by John Keaton, first M70 (3:08:01), Gloria Jansen, W50 winner (3:08:56), and Robert Behrens, M50 champion (2:51:31).

The race started at 7:30 a.m. with humidity at 90%, and a temperature of 61 degrees which climbed to a high of 82 degrees under clear skies.

This year's Grandma's Marathon had 7470 entries, the most in 12 years. There were 5468 official finishers - 3840 men and 1628 women.

COMING NEXT MONTH

• Results of World Championships
• Results of Nationals

The reason why the WORLD'S BEST used OTE equipment for the 1996 Olympics? ...they won with it.

OTE 90 Meter Tailwind Javelin

Not the most expensive, only the best.

World Record 98.46 meters (323’1”)
American Record 86.82 meters (284’10”)
1996 Men's Olympic Gold Medal

OTE Discus

Flies better, lasts longer

1996 Men's Olympic Gold and Bronze Medals
Olympic Record 69.40 meters (227’8”)

Oregon Track Equipment
Oregon Track Equipment
P.O. Box 23742
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Phone 541 345-9469
Fax 541 345-2450

OTE manufactured hurdles and steeplechase equipment for Portapi in the 1996 Olympics
Flat Feet

Q: I am a 56-year-old runner with flat feet. My condition has never bothered me very much until recently when I decided to increase my training efforts. After a hard workout, the muscles in my lower leg and foot become very sore and swollen. Will flat feet cause this problem? What can I do to eliminate the soreness?

A: The pros and cons of flat feet have been debated in athletic circles for years. The forefoot deformity, which is a good idea.

Implementing shoe that becomes unstable during normal walking.

Since you are only experiencing discomfort as a result of an increased training schedule, it would seem that cutting back your workout routines would be a reasonable decision. Your foot specialist can help you determine the appropriate level of activity.

The Foot Beat
by JOHN W. PAGLIANO
D.P.M.

Advantages of Blue Ridge Running Retreats

- Retreat limited to 40 participants to ensure personal coaching
- In 1992, Vacation Magazine chose Earthshine as one of its "Top Ten Undiscovered Places in the USA"
- Earthshine is a runners paradise nestled in the heart of the Blue Ridge Mountains adjacent to the Pisgah National Forest

Take the Perfect Running Vacation... You Deserve it

Blue Ridge Running Retreats
at Earthshine Mountain Lodge

"For a running vacation, that's actually a vacation"

Stiff Winds Challenge Los Gatos Athletes

Strong winds spoiled any chances at records by some of the top masters sprinters in the U.S. at the Los Gatos Open & Masters Meet at Los Gatos High School in Northern California on June 14, but didn’t diminish the degree of competition.

In the 100, Marty Krulke won the M40-44 race over Kevin Morning, 10.6 to 10.9, but Morning showed more stamina in winning the 200, 21.9 to 22.1. Spriter and world record holder Irene Obera, W60, posted wins in the 100 (13.9) and 200 (29.8). National champion at Spokane in 1996, Don Cheek won the M65 100 in 13.1. Former Senator Alan Cranston, 83, California, on the mend from prostate cancer, ran the 100 in 19.8.

Dave Salazar, M45, ran the fastest times for M40-and-over runners in the 400 (55.1) and 800 (2:06.9). Dee Dee Grafius, national record holder in the 800, won the W45 race with a 2:26.4.

Stookey Excels at Randolph Classic

by TOM HARTMAN

The 12th annual Randolph Classic T&F Meet, June 22, was again a New Jersey picnic for 67-year-old James Stookey. The 1996 Masters Athlete of the Year had a septupled spree of running and jumping victories before sidling up to the barbecue. Five of Stookey's wins were world class, age grading at 90% or better. His long and triple jumps were merely in the 89% level.

Tunnicliff, Richards Star in Texas Meet

by JERRY WOJCICK

Sue Tunnicliff, 60, and Dick Richards, 63, had Texas-size marks in Dallas at the Texas Masters T&F Championships, July 5. Tunnicliff, of Oklahoma, increased the W60-64 world pole vault record of 1.85/6'6" by Leonore McDaniels to 1.90/6'7".

Richards, of California, topped all age-graded performances with a 97.3% 12.41 in the 100. Second-place was Paul Johnson, 62, at 94.8% with a 12.63. The 200 was a reprise with Richards at 25.60/95.9% and Johnson at 25.63/95.0%.

Cindy Steenbergen, 43, won the 100 (12.82) and 200 (25.74), also in worldclass 90%+ level times.

Courtland Gray, 53, went over the 400H in a 93.3% 61.48. Mack Stewart, 59, won the 800 with a 91.2% 2:18.19. Wendell Palmer, 65, with a 93.2% 13.70 in the shot put, was the best thrower of the meet.
Establish rules that prevent some runners from starting in the middle of the pack. I have never yet had a single false start. Not being a starter such as Hank, I can only draw on my personal experience as one who has been "started." I calculate that over my past 25 years in masters T&F I have easily gone to the post more than a thousand times (I can actually substantiate this figure). I have never yet had a single false start. Of course, allowing Hank full latitude, I may simply be one of the "passive" starters as opposed to a more "active" one (his term). Still I have managed to win a share of these starts. Managed a world record or two, also.

The reasons Hank gives for failing the starters (and remember, he is a starter) are twofold: 1) they let the sprinters "get away with it," and 2) they fire the gun before the mandated two full seconds have elapsed. Principally, he faults the starters for "caring too much." That's okay, the caring thing. It is, however, against the rules in both instances. Starters may not want to disqualify any runner. However, accusations of violating the rules in order to salvage runners by letting them go, or firing the gun so quickly that nobody can be caught, places an unfair and demeaning mantle across the shoulders of all starters, condemning them en toto. But, if Hank would just give us some names...

When he brings in the semantical verbiage of "guessers vs. starters," I am once again lost. Surely he doesn't intend one as a euphemism for the other. But it really doesn't matter in the end. All we are hoping to accomplish by running the race is to award the most deserving person (preferably the one who gets to the finish line first) all that the glory of victory accords. We
Masters Racewalking
by ELAINE WARD

Max Green – Training For The Big Race

Max Green set an American record (M65) at the National 15K Racewalking Championships, May 18, at Elk Grove Village, Ill., en route to this month’s WAVA meet in Durban, South Africa. Max’s time: 1:25:38. The old record set by Jack Starr: 1:32:55.

EW: You must have been training fairly consistently and hard to lower the American 15K record by 7 minutes.

MG: I’ve been training, but actually not as well as last summer when I was doing better, according to age-grading, and got some good scores. This year, I’ve had some lucky races, with a car accident that injured my knee. and cool down for about 2K with more stretching. I have been trying to train hard, although everything is tentative. I know what gets good results, but if I really try to do it wholeheartedly, I pull muscles, so I have to watch it.

EW: When you say you know what works, what do you mean?

MG: Two years ago I bought a book about running, written by Sebastian Coe’s father, who is an English physiologist. I adapted it from running to each 1K. It was the nicest book I could walk after another with hamstrings, getting sick, and, recently, with a car accident that injured my knee.

Nonetheless, I have been trying to train hard, although everything is tentative. I know what gets good results, but if I really try to do it wholeheartedly, I pull muscles, so I have to watch it.

EW: You know I got DQ’d in the Indoors – 15:17. I think I was feeling good that day.

MG: Right. Literally flew and back. The thing about it is, I walked a real racewalk, Hayward Masters Classic, Eugene, Ore., June 28-29.

EW: Are you suggesting that you flew down?

MG: Right. Literally flew and you’re not supposed to fly. You’re supposed to stay on the ground. I didn’t think I was doing it. But I don’t fault the judges. They could see me. I couldn’t see myself.

The thing about it is, I walked a real good time at the Indoors – 15:17. I could have eased up and still made the record. That is what you call hubris. Pride goeth before a fall.

So I’ve been trying to concentrate on staying lower and being right. In the 15K I didn’t get a caution or warning. If there’s a delayed onset and it hurts the next day, go easier. Then she said, if it starts to hurt too much, don’t go six days a week, go five days or four days and do a lot of strengthening exercises, which I have been trying to do.

EW: How would you get injury-free?

MG: It’s not possible. I went to see a sports medicine doctor a couple of years ago. She said I had to monitor myself. If it starts to hurt, quit. If there’s a delay, it hurts the next day, go easier. Then she said, if it starts to hurt too much, don’t go six days a week, go five days or four days and do a lot of strengthening exercises, which I have been trying to do.

EW: What were you doing?

MG: Well, I got one warning for a bent knee and two for lifting. They had good judges there, and I think I was lifting. It was a banked, 200-meter track. It was the nicest inside track I have ever seen. Very fast. Some Englishman had an age-group record for M65 at about 15:40. I thought, "boy, I can do that." I was feeling good and Jack Bray was fast and of me leading me on. But then I did some passing down at the ends where it’s steeply banked. When I got into the second or third lane, I was thinking, "I’m going too far up. I have to get back down." So I hurried down that little slope and got in the air.

EW: Are you suggesting that you flew down?

MG: Right. Literally flew and you’re not supposed to fly. You’re supposed to stay on the ground. I didn’t think I was doing it. But I don’t fault the judges. They could see me. I couldn’t see myself.

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TEN YEARS AGO August, 1987

• Ken Dennis Sets Two M50 WRs (100/11.2, 200/22.9) in Northern California Senior Classic
• Phil Raschker Breaks W40 100 WR (11.9) and Sets U.S. W40 High Jump Mark of 5-0
• Payton Jordan (M70, 26.8, 200), Tom Patsalis (M65, 35-2½, TJ), and Del Pickarts (M60, 183-8, JT) Smash WRs in SCATAC Meet
Racewalking for Fitness and Fun

by ELAINE WARD

Lionel Lawson (M55) has had a very long involvement with racewalking, starting in school in the 1950s. But, abandoning this as a viable sport, he competed in track and field with a 4:29 mile at age 18 and a 5-8 high jump. He also competed in cross-country, played rugby football as center, swim, and played cricket for his school.

In 1960, Lawson went to France for computer training at the IBM School on the IBM704 and 709. "Now there's some history for you," he remarked. "I wonder how many of those who worked on the 704 and 709 are left in the world. I'm the only South African left. The others died of early heart attacks. I went on to the 360!"

He worked for a while at Corbev Essonne where IBM had built a factory. They also had a good track and a racewalking team. He competed in a few local events in France and participated with some of the world's best.

"When I came back to South Africa, racewalking was on a variable course," Lawson said. "The existing racewalkers could be counted on one hand."

He competed in a few walks, but the advent of the computer revolution prevented any real commitment. Giving up walking and all sport, he concentrated on a career in computers as an engineer, analyst and specialist programmer.

Serious Training

Lawson began running again in 1982 after a visit to the USA and Canada. He took home some books and started seriously training for the Comrades Marathon, a 92K race with an 11-hour limit. Plagued by injuries, he returned to walking to break the injury pattern and gain fitness. It worked. Shortly after competing in the 1985 Comrades Marathon in 10:54, he was asked to start and train the Natal Comrades Marathon, a 92K race with a 11-hour limit.

"Right now my own performance has seriously deteriorated as a result of the dreaded prostate problem," said Lawson, who was operated on in 1993 and again in 1995 with subsequent treatment, but has not really recovered.

Lawson's best recent times are a 5K in 30:45 and 20K in 2:04.

The Book

After years of giving out summary sheets in his classes, Lawson combined them into a book, Racewalking for Fitness and Fun. A sponsor had come forward requesting that he write a training and coaching manual that concentrated on the techniques of walking and was South African based. The book took about six weeks to write and was on the book shelves within three months.

Lawson's book carries the support of the South African Sports Medicine Association and Kwa-Zulu Natal Athletics. The various chapters concentrate on technique, speed, strength and flexibility. The book is interspersed with details of designing a training program, endurance-gaining factors, heart rate monitoring to achieve training goals, and diagnosing walking technique problems. The text is complemented by many pictures and graphs.

Breath of Fresh Air

In the words of Dr. M.E. Moolla, President of the South African Sports Medicine Association, Racewalking for Fitness and Fun is like a breath of fresh air. Both the novice and the experienced walker are taken to the absolute basics to competitive events. "The program and technique discussed are second to none," said Dr. Moolla. "I not only wholeheartedly recommend walkers to use this book, but also runners and other sport persons who can use the manual during the rehabilitation period, post injury or, in fact, as a means of recovery from an arduous event."

Bobby Maharajh, President of Kwa-Zulu Athletics says, "Lionel Lawson must be complimented on providing the racewalking fraternity with a very interesting and challenging text. Using plain language and clear diagrams, he covers the simple and more complex aspects of the discipline with the purpose of presenting a practical approach to the sport. It should provide a valuable addition to the understanding of this rapidly developing discipline and I am honored to be associated with it." (The North American Racewalking Foundation has three copies for sale at $12.00, which includes postage. Orders: 818-577-2264.)

FIFTEEN YEARS AGO August, 1982

- Payton Jordan, 65, Sets Two World Sprint Marks (10/12.6, 200/26.4) in Pacific Masters T&F Meet
- Shirley Matson, 41, Wins Her 18th Event of the Year With a 38:29 10K in the Western Regionals
- Phil Raschker, 35, Sets Three U.S. Records (11.7/100, 55.25/200, 5-1/4H) in Atlanta Masters T&F Championship

EVENTS SCHEDULE

Dearborn, Michigan September 27, 1997
Presented by The Wolverine Pacers Athletic Club, in cooperation with the City of Dearborn Parks and Recreation Department

Sanctioned by USA Track & Field
Race will be governed by the IAAF rules.
Drug testing may be conducted by the USA T&F Representative on September 27, 1997 (IAAF Rule 144). Shorts or solid color tights required for proper judging. Headphones and pace beeping watches prohibited.

Scholarships and Cash Prizes
To top junior and international finishees (see "Awards" for details)

Contributing Sponsors
North American Racewalking Foundation
Promoters of: Books, pamphlets and video cassettes on competitive and fitness racewalking. Racewalking classes and clubs: Special local, national and international competitions; Developmental opportunities for youth athletes.

Official Entry Form - Alongi International Racewalk Classic September 27, 1997

Name:

(Last-Apellido)-Nom de famille (First-Liamar-Nommer) (M)(F)(O)

Address:

(Number) (Street) (City) (State) (Zip)

Phone: (Phone) (City) (State) (Zip)

Age (on 9/27/97) 

City (State) (Zip)

Male Female

Date of Birth

Day

Month Year

Year Age Groups

10K W Juniors (14-19) $25

10K M Juniors (14-19) $20

10K W Masters (40 + in 5 year age groups) $12

10K M Masters (40 + in 5 year age groups) $12

Awards given to top finishers in each age group

Free Racewalk Clinics - Novice and Advanced Refreshments

1:30 p.m. - 2:30 p.m.

3 Km W Youth (13 & under) $20

5 Km W Juniors (14-19) $20

5 Km W Masters (40 + in 5 year age groups) $20

2:30 p.m. - 4:00 p.m.

3 Km M Youth (13 & under) $15

5 Km M Juniors (14-19) $20

10 Km M Masters (40 + in 5 year age groups) $12

3:30 pm - 5:30 pm

Banquet Ticket $12

Clothing Drawings - Pick a Winner $12

Dancing and Entertainment until 11:00 p.m.

In consideration of my participation in the Alongi International Racewalk Classic, I hereby release and discharge USA & T&F, the City of Dearborn, the Wolverine Pacers Athletic Club, and all official sponsors connected with Alongi International Racewalk Classic events. This is binding upon heirs, executors, administrators and assigns for all parties, jointly and severally. I agree to hold and save all parties harmless from and against any and all actions, claims, demands, liabilities, loss or damage of whatsoever kind or nature, including attorney fees, which may at any time be incurred by reason of my participation for the Alongi International Racewalk Classic. I have full knowledge of the risk involved. I am physically fit and sufficiently trained.

Signature: Athlete

Parent or Guardian

(TO be signed if under 18 years of age.)

T-shirt size: S M L XL XXL

Family HealthWalk

Males and Females of All Ages

Ages 0-5 $4.99

10K W Unjudged Healthwalk $6

10K W Unjudged Healthwalk $10

Club & Individual Events:

- 3 Km W Youth (13 & under)*

- 5 Km W Juniors (14-19)*

- 10 Km W Seniors (20-39)*

- 10 Km M W Seniors (20-39)*

- 3 Km M W Youth (13 & under)*

- 5 Km M W Juniors (14-19)*

- 10 Km M W Seniors (20-39)*

- 10 Km M W Masters (40-49)*

International Events:

- 20K W Junior Team (14-19)

- 10 Km M Senior Team (14-19)

- 10 Km W International Open (53 min. to qualify)

- 10 Km M International Open (47 min. to qualify)

- See "Event Schedule"

Make check payable to: Alongi International
Mail to:2006 E. Michigan Av., Detroit, MI 48207

[Please fill in the form and return it to the organizers for participation in the event.]
Summer is here. The land is green. I love cool weather, but there’s something inherently enjoyable about running in shorts and singlet and breaking a sweat. Summer also offers different training options.

My home overlooks Lake Michigan. One of the advantages this time of year is that I can run in the water. At least, where I live near the Indiana/Michigan border, the lake has a smooth and sandy bottom. I can’t think of a better environment for aqua running.

Despite warm air temperatures, the water remains too cold, until the lake warms in July, to do my full water workout. But on a sunny day in June, I ran along the beach’s edge.

I wore aqua shoes, allowing me to shift easily from shore to water. I ran a series of short spurts in knee-deep water, a form of interval training.

Playing In The Water

Now the water has warmed, a more typical workout is to swim parallel to shore for 200-800 meters (depending on my level of swim fitness), then return running chin-deep. I can vary the type of aqua workout by moving to waist-deep water, knee-deep water, or even running along the shore.

Aqua running to me is a form of play, but it’s also a good form of cross-training, something we all need to consider as we get older and find that we can’t run high mileage day after day.

Aqua running is my favorite alternate exercise during the summer. When the lake begins to lose its heat in mid-September, I only reluctantly shift to other activities.

Deep-water running in a pool certainly is the most effective (i.e., sport-specific) form of cross-training for runners. Walking is an underrated activity, I also endorse cycling and swimming. Although both activities are less sport-specific, that sometimes can be an advantage. Cross-country skiing is my favorite winter activity, and I get edgy if there’s insufficient snow in January and February. I also train on snowshoes. Still, you can’t beat aqua running, particularly when recovering from an injury that prohibits you from participating in weight-bearing activities.

Several years ago when I was still coaching cross-country at the local high school, Megan Leahy, my top runner, injured herself (stress fracture) during the track season. (The track coach was having her do pometrics by jumping off boxes with weights in her hand!)

Rehabbing Megan

Hoping to rehabilitate Megan in time for summer training—if not for the end of the track season— I suggested she train in the pool. I found a wet vest and told her to use it to work out in the deep water, treading water, but mimicking the running movements as much as possible.

Megan quickly became bored, so devised a program of her own. First, she got rid of the wet vest, because she claimed it made treading water too easy. She would read a book, for while, swim laps for a while, do kicking with a board for a while, run at the shallow end for a while, continually varying her routine. She turned the workout into a form of play.

Alas, the stress fracture failed to heal in time for her to return to the track in May, but Megan was ready to begin cross-country training in June.

Later that summer, when I took the team to Roy Benson’s training camp in North Carolina, Roy asked me to lead a discussion on aqua training. I simply introduced Megan and asked her to describe her training. By that time, she knew more than her coach.

Effective Training

In Megan’s senior year, she became injured again and missed the entire dual-meet cross-country season. Working with another coach, she returned to the pool. Because of the nature of the injury (hip tendinitis), she was forced to abandon her previous, playful routine. She reverted to the wet vest, alternating hard days of interval-type training and easy days of steady treading water, similar to what she might have been doing outside.

For six weeks, she trained in the pool. The week before qualifications for the state meet began, the healing process was complete. She won the sectional, regional, semi-state and placed second at state leading her team to its second consecutive state championship. Don’t tell me you can’t train effectively in the water!

Megan is a gifted and highly motivated runner, but sometimes that can get you in trouble if you run too hard or too far too many miles. My recent recommendation has been that she consider adding aqua running to her regular regimen—use it as a form of preventative medicine, rather than only to rehabilitate after an injury.

Lately, Megan has shifted some of her regular training to the pool, returning once more to her previous varied routine. Like me, once the lake warms she is able to do some swimming and running in deep water. Many runners could profit by following her lead.

(Hal Higdon is a Senior Writer for Runner’s World, and author of “Boston: A Century of Running.” His writing and information on training can be found on the Internet on his web site: www.halhigdon.com.)

Briggs, Wack Win DC Race for the Cure

by JANNA WALKUP

Led by honorary co-chairs Vice President Al Gore and Tipper Gore, the 8th National Race for the Cure 5K was held on the streets of Washington, D.C. on June 7. Runners welcomed the 36-degree weather, a distinct contrast from last year’s sizzling mid-80 degree temperatures.

Bob Briggs, 40, of Springfield, Va. (16:09) and Linda Wack, 41, of Germantown, Md. (18:18) took masters honors. Second-and-third place masters finishers Kevin Ellis (16:54) and Richard Adams (16:56) also broke the 17-minute barrier. Mary Jo Donovan (19:19) and Jayne Fitzgerald (19:30) finished second and third, respectively, in the women’s masters race.

Top three finishers in the Masters Law Enforcement Division at the Long Island Police Appreciation 5K, Eisenhower Park, June 5, from left: Kieran Kelly (49, 18:41), Armando Valenzuela, and Lutz Hoffman (51, 19:03).

Photo by Mike Polansky

Patrick Griffith (17:38) and Heidi Pirie (20:48) turned in impressive times to win the M50 and W50 divisions, respectively. Other age-group winners included Larry Dickerson, M60 (20:17), Dixon Hepmhill, M70 (22:32), Doralie Segal, W60 (24:20), and Hannah Horowitz, W70 (25:50).

Runners started at 14th and Constitution Street NW, headed toward the U.S. Capitol, by Union Station, back on to Pennsylvania Avenue, and up across to finish several blocks short of the White House at the Regan International Trade Center.

More than 36,700 registered runners, joggers, and walkers took part in the event, which raised more than $1 million for research, education, screening, and treatment of breast cancer.
Trojan Meet Draws World-Class Field

by JERRY WOJCIK

World-class performances and a U.S. record highlighted the Trojan Masters Meet at USC's Cromwell Field in Los Angeles on June 29. Two dozen marks age-graded into the international class level of 90%+, particularly in the sprints and throws.

John Damski, 82, of Los Angeles, broke the M80-84 national record of 23-5/8 with a 94.9% 12.44, but his performance was topped by second-place Dick Richards, 63, who came in with an A-G 96.1% 12.57. Stan Whitley, 80, won his division races with an A-G 95.6% 23.56 and a 93.2% 53.06.

Hal Tolson, 59, won the 100m with a 94.6% 12.40 and 200 with a 92.9% 25.61. Other sprints in the 90% range included division winner Cliff McKenzie, 40, 93.8% 49.18, in the 400, and M45 first Fred Sowerby, 45, 92% 51.85, in the 400.

Irene Obera, 60, from the San Francisco area and world record holder in the sprints, won the 100m with a 92.8% 14.30 and 200 with a 90.7% 29.95.

Bill Knocke, 57, had to run a 92.2% 15.81 to defeat Al Henry, 59, 90.3% 16.53, to win the hurdles. High jumpers Phil Hellen, 61, with a 1.65/5-5 and Charles Rader, 49, with a 1.80/5-1/4, were in the 90+% range.

Shot putter Hal Smith, 61, 14.16/46-5/8, and Arnold Gaynor, 69, 12.86/42-2 1/2, both hit the 95% level.

The best performance of the entire meet was 59-year-old Larry Stuart's javelin throw of 55.40/181-9, an age-graded 97.7%, Del Pickarts, 70, ended with a 91.2% 45.64/149-9 in the javelin.

The meet was directed by Russ Rebold and sponsored by the Trojan Masters Club.

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Grapevine that winds through the Tehachapis before you hit Bakersfield. It's the fastest route, but I've had visiting relatives from the lands of the Midwest pull over and ask me to drive on the section called the Jose. Make a brief visit to Hollister. From Los Angeles, Highway Knott's Berry hot in August, and boring, except for miss Gilroy, the garlic capital of the recently congregated to honor an scenic, but a little slower. The drivers whizzing by you at mph.

After that, it's dead flat, unbearably starring Marlon Brando. And don’t miss Gilroy, the garlic capital of the world. You might be able to pick up some garlic-flavored ice cream left over from the Garlic Festival.

101, Anyone?

From Los Angeles, Highway 101 is another route to San Jose – much more scenic, but a little slower. The 90-mile drive on a mostly four-lane highway from L.A.'s San Fernando Valley to Santa Barbara is, I think, the most interesting coastal drive in the world. On the way, with the ocean on one side and mountains on the other, you pass strawberry fields, surfers, California missions, the only banana plantation on earth at that latitude, and millionaires in Montecito (where Robert Mitchum lived before he went on to the great film noir in the sky last month). After you go through the tunnel at Gaviota, north of Santa Barbara, it's a two-lane highway through another world of dried, golden grass and green oaks, hilly, and probably hot, and farther on, pretty level after you leave Paso Robles.

After the 1981 Championships in Los Gatos (where a meat scale was used to weigh the implements), I binned a ride on Sunday afternoon with Randy Hubbell, because the people I had driven in with were staying to sightsee. Hubbell, then an M70, was one of the pioneers in masters hammer throwing, who held a few records at one time – all are gone now.

Intending to take 152 to 1-5 for a faster way home, we missed the cutoff at Los Gatos, and sleep in it.

Randy wasn’t poor by any means, but he was Depression Era parsimonious, which I could relate to. He was a world-class gabber, and, being a B.S. artist of some repute myself, we got along famously, especially after we discovered that we had both been boxers in our youth. I sometimes wish he were still around to see what progress masters hammer throwing, and throwing in general, have made.

At the Los Gatos championships, where we threw the hammer at San Jose City College, Randy won the hammer (8-ib.) with a U.S. M70-74 record 111-2. The U.S. record now is 150-11 by Tom McDermott. In the 1996 Championships at Spokane, Bill Bangert won the M70 hammer (4kg) with 111-6. One woman threw the hammer in 1981; 24 women competed in 1996.

Not that the competition was shabby at the Los Gatos meet in 1981. George Frenn, then 39, who still holds the world-best of 46-11 for the 56-lb. weight, threw 182-3, and Ed Burke, then 41, who later made the 1984 Los Angeles Olympic team, threw 197-11.

Back on Highway 101, you’ll drive through the de-commissioned Camp Roberts, where WWII and Korean War recruits went through basic training, and go by Soledad Prison, John Steinbeck's Salinas Valley, and Castroville, the artichoke capital of the world, before you arrive in San Jose. California has other "capitals of the world," including, of course, Hollywood, the "motion picture capital of the world" and the lesser known town of Parkfield, between Highways 101 and I-5, the "earthquake capital of the world."

The Coast With the Most

The third way to San Jose is Highway 1, which you pick up in Morro Bay off 101. It runs right along the Pacific. Don’t take it unless you leave two weeks or more before the Nationals. There’s too much to see (Hearst Castle, Big Sur, and Carmel, for instance). It’s horrendously slow with blind and ess curves, plus scary and exhausting, if you’re not used to driving on a narrow, two-lane, winding road with cliffs to the ocean on one side and sheer cliffs on the other. Front seat passengers usually white-knuckle the dashboard, because they can’t see.
Portland Masters Celebrate 25th Year

By JERRY WOJCIK

The Portland Masters Track Club celebrated its silver anniversary Classic Meet with a two-day affair at Mt. Hood Community College, Gresham, Ore., June 14-15. One hundred and ten athletes participated in the 25-year-old meet, one of the oldest masters meets in the U.S.

On Saturday, Paul Edens, 56, ran the meet’s best age-graded 100m with a 91.4% 12.57 in winning the M55 race. On Sunday, all first-place finishers in Saturday’s race were invited to compete in a distance-handicapped 100. Dave Walter, 52, narrowly won the men’s race in 11.17 from Bob Golly, 62, 11.19. Rosalie Carmen, 53, won the women’s race in 12.55.

Weight Room

Continued from page 14

Walter also won the 400 on Saturday with a 92.5% 54.30. In the 800, Don McMillan, 56, ran a 91.8% 2:13.67.

Hurdler Ruth Callard, 43, earned All-American status in the 80H with a 15.02 and 400H with a 76.23.

Ed Lipscomb, 46, topped all other pole vault marks with a 14-0. Mike Toll, 33, won the M30 long jump by a half inch over Brain Coushay, 33, with a 20-9¼ leap.

Bob Lawson, 62, won the “strongest man” title with meet bests in the 5kg shot (41-4) and 25-lb. weight (41-¼). Jim Puckett was the meet director. Roger Hall served as the clerk of the course, and the announcing was handled by Bill Cook.

However you get to the Nationals, I’ll see you there. Look for me; I’ll be easy to spot, looking relaxed and rested. Somebody else is doing the driving from Eugene to San Jose.

Northern California Seniors Track & Field Classic
August 30, 1997

Entry must be postmarked and/or received by Wednesday, Aug. 20, 1997
(Late or meet day entries only excepted provided there is room in the event)

ENTRIES:
Must be postmarked and/or received by Wednesday, August 20, 1997.
Phone entry $25.00.

FEES:
Paid prior to to August 20, 1997.
$15 First event, $10 Each additional event, Relays free.
Late Entries (received after August 20, 1997) $20 per event.

ELIGIBILITY:
All women and men with current 1997 USATF registration.
Race day USATF registration is $15.

AGE GROUPS:
30 years old and above in 5 yr. age groups - Age on August 30, 1997 determines age group.

AWARDS:
Medals to first three places in all events by 5 yr. age groups.

T-SHIRTS:
NCSTC Classic Shirts for sale at the meet.

FACILITIES:
James Logan High School, 1800 "H" Street, Union City. All weather track surface (“1/4” spines only), Javelin - grass runway.

HEATS:
We will combine races where we do not have enough runners by specific 5 yr. age groups.

Name_____________ Male   Female
Address_____________ Phone (   )
City/St/Zip_____________ Date of Birth  /   /
Club Affiliation_________ Age as of 8/30/97

USATF Card #________________________

Events Entered  Best Recent Mark  Amount Enclosed
1. ________________________________  ____________________________
2. _____________  ____________________________
3. ________________________________  ____________________________
4. ________________________________  ____________________________

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ontrack@internetconnect.net
Training Advice
by ROSS DUNTON

A Systematic Plan for the Year Ahead

It is now August and in a few days the USATF National Masters Outdoor T&F Championships will be contested. For many, this will be the end of the outdoor T&F season. Many road racers are now preparing to enter the fall season when the weather is a little better. Now is the time when both of these groups need to be giving serious consideration to the development of a detailed training plan.

When I started to run again about 15 years ago, my planning consisted of getting my running clothes on, going out on the street or to the track and then deciding what I thought would be a good workout for that day. I had no idea of what I should do. I just did what I felt like doing. I had no concept of planning a training schedule. I suspect that a lot of masters runners, jumpers and throwers are doing that today.

Periodization Plan

To achieve your maximum potential, you must develop and use a comprehensive, scientific, systematized training program that covers your competitive season or seasons. One way to do this is to develop a "Periodization Plan," which simply means a training plan that is segmented or "periodized.

The first step is to determine when you want to peak, keeping in mind that you can only do so once during a competitive season. If you run three seasons such as cross-country or road racing, and indoor and outdoor track, then you would plan for three peaks during your competitive year. You now start from that first peak date and work backwards.

Once the length of your training season has been established, it can be sub-divided into preparatory and competitive periods. At the end of the competitive period, which ends with your peak competition, there should be a rest or transition period before launching into the next season of training. The preparatory and competitive periods can be further sub-divided into general and specific prep phases and pre-competition and competitive phases. Now that you have a general layout of your season, you can start to become more specific.

Mesocycles

You will want to taper the last week or two prior to your most important competition, so block that in first. Prior to that, the available time should be divided into three- and/or four-week blocks or "mesocycles." You need to develop and define in detail one-week long daily workout schedules for each of these three or four-week long blocks. These week long cycles are to be repeated during each of the three or four weeks in the block.

The reason these mesocycles are three- or four-week long blocks is that you will normally get all of the benefits that you can get out of a basic workout routine in three or four weeks. After that, for the body to receive significant benefits, you must increase training intensity.

It is important to decide just exactly what you would like to accomplish in each of the mesocycles and then devise a routine to accomplish that. In the beginning, the daily sessions should be general in nature with a relatively high volume of work at low intensity. As the season progresses, they should become more and more event-specific with ever-increasing intensity and decreasing volume.

Progressive Overloading

The key to a successful training program is progressive overloading. The loading must challenge your current training status so that the body is forced to over-compensate for the new load. The body will do this, but proper rest must be interspersed with this overloading. You cannot train hard every day.

There is a "Law of Specificity" when it comes to training for a specific event. It is sometimes called the "SAD" principle. This stands for "Specific Adaptation to Imposed Demand." The load must be event-specific. Remember, general or base training must always precede the specific training so that the body can better withstand the increased stress.

Simply put, you divide the time between the start of practice and the peaking date into three- and four-week long segments. You then determine what you want to accomplish in each of those segments and design specific training sessions to meet those ends.

The training starts with high volume, low intensity general sessions and progresses to lower volume, high intensity sessions which are event-specific.

There was a young woman running a lot of laps at the track recently as I was doing my workout, which was by then fairly intense and specific event. She stopped to inquire as to how I got so fast. She told me that she regularly runs 25 laps, but never gets any faster.

With all of that volume, she has a great base, but she has never increased her intensity. At this point she needs to have some days of decreased volume and increased intensity. You don’t get faster or stronger by increasing your volume of work; you get there by increasing the intensity of the workout.

If you would like some help in making a periodization plan, you may contact me. I will need to know your age, events, goals, peaking date(s), most recent event results and how many days a week you train. If your request is via mail, please send a SASE with two ounces of postage to: Ross Dunton, 512 Somerset, Placentia, CA 92870. (714) 524-9966 Voice; (714) 524-9992 Fax; coachr@pacbell.net e-mail.

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1996 U.S. Masters Outdoor T&F Rankings Book

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Closing is the 10th of the month prior to the cover date.

Club West Gears Up for October Meet

A new field name, along with new runups for the jumps and throws will greet competitors at Club West’s annual meet at Santa Barbara City College on Oct. 4. The track, which will still carry the Nick Carter logo, will be known as the Linda Geyser Memorial Field.

A recent influx of dollars resulted not only in the runups being improved but also the infield. A new state-of-the-art, electronic scoreboard will follow next year. Further renovations will be carried out on the track lanes as usage conditions permit.

Club West president, Beverly Lewis, reports a great deal of interest from athletes in the meet, which is anticipated will feature many outstanding performances. Last year saw a world record in the pole vault.

For more information, contact meet Director, Gordon McClenneth, 805-964-3005, or Beverly Lewis, 805-969-5851; fax: 969-6613. Entry forms will be available at the National Masters Championships in San Jose, Aug. 7-10.
How Old Are You, Really?

(An edited version of Bost's article was published in the Write On! section of the July issue. The edited version did not adequately reflect Bost's position on the problem of athletes who change ages during meets. The complete article is published here to clarify her philosophy regarding an athlete's move into another age division during a multi-day event.)

How old is a 49-year-old who is 49 years and 364 days old? It's not a trick question. Quite simply, actually. By law, of course, or the definitions of our society, he is 49 until he is 49 years and 365 days. Then, flip the calendar page and he is 50.

But how old is he, really, when he is 49 years and 364 days? Wouldn't you say that chronologically and psychologically he is 50? Once he is 49 years and 183 days, he is getting ever closer to being 50 years old, even though he can continue to claim to be 49.

To about 99% of the population in general, this concept is held dear. Who wants to state his age as one year older than the calendar says? Jack Benny—his claim. The rules held a W60-64 world record in the 1500 while competing against younger women in the W55, where she clearly didn't belong. In masters swimming, if she had set her record before her actual birthday, it would still have counted as an age 60 record. This would make sense in masters track and field as well, although I concede that there are those in our sport who would likely find this switch in philosophy difficult to accept.

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Options for Compromise

If the WAVA council is uncomfortable with this solution, two compromises could be considered. One is for the athletes to compete in the age division which the calendar says they are until their birthday. Once the birthday comes, the athlete is assigned the new division. This would probably cause a lot of headaches for meet management.

Another is that the athlete remain his age as of the day of the first event in which he competes. At least some of the summer babies will slip into their rightful division. The others would be out of luck.

Neither is really suitable if we acknowledge the basic premise that the athletes are fundamentally their older age, from the first day of the meet to the last. This issue needs to be put before WAVA. Now that we have WAVA's own age-graded tables for proof of the substantial inequity, let's change the rule.

Age Grading PLP Standards for the Mile

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<td>60</td>
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Women

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<td>85</td>
<td>484.02</td>
<td>52.74</td>
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Women Slow Faster

While women seem to have a longer life span than men, they apparently slow down much more as they age. Given the same circumstances as our summer baby boy, a woman will slow down 11.51 seconds from age 40 to 45, 19.56 between ages 60 and 65, and a whopping 52.74 seconds between 80 and 85.

How can we right this inequity? No rules are ever set in stone, and the WAVA rule which holds that all athletes remain the age that they were on the first day of the meet can and should be changed. Let the summer babies convert to the age they will be on the last day of the meet, as is done in masters swimming, and it will make much more sense.

If that had happened, Vicki Bigelow would have set a W60-64 age division record and won the gold medal in the 1500, instead of placing seventh in the W55, where she clearly didn't belong. In masters swimming, if she had set her record before her actual birthday, it would still have counted as an age 60 record. This would make sense in masters track and field as well, although I concede that there are those in our sport who would likely find this switch in philosophy difficult to accept.

We need only look at the WAVA Age-Graded Tables to see the disadvantage at which these summer babies are forced to compete. Age grading gives us the expected and documented slow-down of athletes as they age. With the charts we can see how badly a summer baby fares when competing in an age division below his or her true age.

In the chart on this page for the event standards for the mile, we can see that a man aged 40 can expect to slow down by 8.84 seconds by the time he reaches age 45.

Jump a decade and a half and at age 65 he will have slowed down by 14.45 seconds from age 40.

That's a pretty tough handicap for a man 65 years and 2 days old, who is forced to race in that age division because on the day the meet began he was 64 years and 364 days old. Ten years later and if the meets are scheduled the same, he will fight a 36.56 handicap.

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Rankings Report
by JERRY WOJCIK

Track & Field Rankings Report

After ten years of involvement with the masters track & field rankings, I've decided to give up the position of USAFT Masters T&F Rankings Coordinator and have notified USAFT Masters Committee Chairman Ken Weinbel of my resignation.

In those ten years, with the help of the Masters Committee, the National Masters News, and the tremendous contribution of the volunteer rankers, past and present, we were able to produce an annual outdoor rankings booklet and institute the indoor rankings, published as an insert in the NMN.

I want to thank everybody who has been involved with me in doing the rankings. The rankers, who give freely of their time, energy, and usually expenses, deserve special recognition. Several, who were recruited by the first rankings coordinator, Haig Bohigian, have been active in the rankings since their inception. William Benson, of Long Island, N.Y., who does the 800, and Charles Mercurio, of Southern California, who does the high jump and triple jump, have been doing the rank-

ings for over 15 years.

Without Larry Patz, of New Hampshire, the rankings would have been extremely difficult, if not impossible. Another Bohigian recruit, Patz has been doing the outdoor and indoor sprints (55m, 60m, 100, 200, 400, 600, 1000, 1500), both outdoor relays, and, on occasion, when I was in a bind, a couple of distance races, and a field event or two for 15 years also.

In addition to overseeing the compilation of the rankings for publication, the coordinator, as a member of the USAFT Masters T&F Committee, is involved in decision-making at the annual convention, which this year will be held in Dallas. The coordinator is also expected to attend both the outdoor

and indoor championships. Money from the masters budget is allotted to the position to pay the coordinator's travel expenses and costs in compiling the rankings. He or she is also invited to attend the Masters Awards Committee Meeting to aid in selecting the best athletes of the year.

Most compilers for the 1997 outdoor season are already in place. In the past several years, requests for replacement compilers have been met with quick responses by reliable, responsible volunteers.

Parties interested in applying for the position of rankings coordinator are encouraged to contact me at 541-343-7716, fax: 541-345-2436, or Ken Weinbel, 206-952-3923, fax: 206-952-3917.

WA V A/ USA F T

Hurdles and Implements Specifications

HURDLES

WOMEN

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<td>39&quot;</td>
<td>22&quot;</td>
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MEN

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IMPLEMENTs

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Men

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<tr>
<th>Age</th>
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<th>Between Hurdles</th>
<th>To Finish</th>
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<td>4.00k</td>
<td>600 gms</td>
<td>12#</td>
<td>12#</td>
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</table>

Steepchase:

| Men 50-59 | 3000m/36" (914m) | 2000m/30" (762m) | Superweight: M30-69 56-b; M70-35-b; W30-49 35-b; W50-25-b | WAVA weights are used for USAFT weight pertillations.

Peter Hanlon, winning the M30 110 m hurdles in 16.7, Visalia Classic, Visalia, Calif. May 3. Roger Drummond was the M35 winner (17.0).

Photo by Glen Williams
9th Oceania Games Set For New Zealand
from JIM TOBIN
The 9th Oceania Veteran Games will be held in New Zealand, Jan. 17-24. The Games are primarily the regional championships for veteran athletes of the relevant Veteran Associations affiliated with the Oceania Association of Veteran Athletes (OAVA), but the organizers will welcome competing athletes from outside the regions. Although they will not be eligible for Oceania titles, they will receive medals if placed in their particular events.

The Games will be held in Hawkes Bay, which is situated on the east coast of the North Island of New Zealand. The Hawkes Bay region is noted for its agriculture and horticulture. Fruit is grown in abundance - so much so that a hundred New Zealanders. They will be joined by veteran athletes from throughout the Pacific Islands. Interest also has already been shown by athletes from Britain and the USA.

Further information and entry forms are available from the Organizing Committee at Box 7144, Taradale, Napier, New Zealand or by contacting Tim Tobin at phone/fax +64 6 844 5072.

Puerto Rico Masters Association
XVII SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS
Sponsored by the the Puerto Rico Masters Association and Municipality of San Juan at the Central Park facility, Miramar, P.R. on August 16, 1997.
Age Divisions: Five-year age grouping for men and women age 30 and over.
Entry Fee: $15.00 first event, $5.00 each additional. Relays free.
Deadline for Entries: August 5, 1997
Entrees: Send the entry form below with check payable to: Puerto Rico Masters Association, P.O. Box 31300, 65th Infantry Station, Rio Piedras, P.R. 00929-0300. Call Wilfredo Picorelli (787) 757-1876; Fax (787) 757-1876
Registration: Pick up packets at Central Park from 7:00 a.m. on Saturday, Aug. 16th.
Hotel Accommodations should be arranged by individual participants. The following hotels are in the vicinity of Central Park:
Hotel Ocean Side (787) 722-2410
Hotel Normandie (787) 729-2929
Hotel Turto (787) 725-2647
Hotel Caribbean Hilton (787) 721-0303
Hotel Miramar (787) 757-2312
Hotel Taína (787) 724-4160

ENTRY FORM AND ORDER OF EVENTS
Please Enter Me In the Following Events:

7:00 a.m. 101 ( ) 5,000 Run (Men) 10:00 a.m. 117 ( ) 800 (Women-Men)
7:00 a.m. 102 ( ) 3,000 Race Walk (Women) 10:00 a.m. 118 ( ) Hammer Throw (Men)
8:00 a.m. 103 ( ) 5,000 Race Walk (Men) 10:00 a.m. 119 ( ) High Jump (Men)
8:00 a.m. 104 ( ) 3,000 Run (Men) 11:00 a.m. 120 ( ) 100 Hurdles (Men)
8:00 a.m. 105 ( ) 300 Hurdles (Men) 11:00 a.m. 121 ( ) Javelin (Men)
8:00 a.m. 106 ( ) Shot Put (Women) 11:30 a.m. 122 ( ) 110 Hurdles (Men)
8:00 a.m. 107 ( ) Discus (Men) 12:00 noon 123 ( ) 80 Hurdles (Men)
8:00 a.m. 108 ( ) High Jump (Women) 12:30 p.m. 124 ( ) 4x100 Relay (Women-Men)
8:00 a.m. 109 ( ) Long Jump (Women) 1:00 p.m. 125 ( ) Hammer Throw (Men)
8:30 a.m. 110 ( ) 400 Hurdles (Men) 1:00 p.m. 126 ( ) Triple Jump (Men)
8:30 a.m. 111 ( ) Discus (Women) 1:30 p.m. 127 ( ) 400 (Women-Men)
9:00 a.m. 112 ( ) 100 Dash (Women-Men) 2:00 p.m. 128 ( ) Javelin (Women)
9:00 a.m. 113 ( ) Shot Put (Men) 3:00 p.m. 129 ( ) 200 (Women-Men)
9:00 a.m. 114 ( ) Weight Throw (Women) 3:30 p.m. 130 ( ) 1 mile (Special Event-Men)
9:00 a.m. 115 ( ) Long Jump (Men) 4:30 p.m. 131 ( ) 1,500 (Women-Men)
9:30 a.m. 116 ( ) Hammer Throw (Women) 5:00 p.m. 132 ( ) 4x400 Relay (Women-Men)

Order of competition will be: women and men, old to young
Note: After the meet we will have dinner and music, free for all participants

NAME: ___________________ AGE: ___________ MALE ( ) FEMALE ( ) PHONE: ___________________
ADDRESS: ___________________

AGE (as of August 15, 1997) ___________________ CATEGORY: ___________________ COUNTRY: ___________________

ATHLETIC RELEASE
Athletic Release: In consideration of the right to participate in the San Juan Annual Masters Track and Field Championships, I do hereby for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which may have or which may hereafter accrue to me against the city of San Juan, Puerto Rico Masters Association, The Organizing Committee or their officers or agents and the Parque Central and any and all sponsors of the aforementioned championships. I certify that I have no physical defects which prevent me from competing and I compete at my own risk.
Applicant Signature ___________________ Date ___________________
NATIONAL

- According to Becky Sisley, USATF Northwest Regional Coordinator, the Oregon TC Masters intend to bid to host the National Masters T&F Championships in the year 2000. With the 1998 meet in the far northeast at Orono, ME, and the 1999 meet in the southeast at Orlando, FL, the Eugene-based club believes it will be time to return to Hayward Field for the first championships of the 21st century. The last national masters championships held in Eugene were in 1994 and drew over 1400 athletes.

- Road Race Management, the newsletter for race officials, is seeking nominations for its Road Race Director of the Year Award (presented by Running Times). Nominations close Sept. 13. A ten-member committee comprised of past recipients, elite athletes, corporate sponsors, members of the media, and RRCA officials will choose the winner, who will be announced at the annual RRM Race Director's Meeting, Nov. 15, in Washington, DC. For nomination forms, send SASE to Jeff Darmen, c/o RRM, Race Director of the Year, 2300 Ninth St. South, Suite 300 B, Arlington, VA 22204.

EAST

- The Eastern All-Stars quartet of Sam Madia, Jim Manno, Archie Messenger, and John McManus shared the South, Suite 300, Arbor Village, Arlington, VA 22204.

SOUTHEAST

- Steve Placencia ran the third fastest time by a U.S. M40+, 29:51, to defeat newcomer Martin Mondragon (30:19); Jane Weisel was the first W40+ in 34:38; Peachtree 10K, Atlanta, July 4.

- Betty Vosburgh, W65, broke seven of the 17 meet records erased at the Nashville Striders/Nashville TC Meet, Vanderbilt U., TN, June 28. Chris Clark, M40, hit the 183-1 mark with the javelin. Over 100 athletes participated.

- Keith Swadkins, 44, Birmingham, England, ran a sparkling 58:32 to capture first overall in the Firecracker 10 Mile, Daytona Beach, June 28. Bernie Candy, 49, St. Augustine, FL, was second overall in 61:47. Stephanie Griffin, 42, Jacksonville, FL, nabbed the W40+ first in 76:08. The course was an out-and-back on a sometimes wet and soft beach.


- On May 11, some 15,000 participants took part in the Great Trans Ko'olau Trek — a 10-mile race on Oahu's riot-yet-open-to-traffic H-3 freeway. The course stretched upwards through a beautiful valley, ran through a mile-long tunnel, and then headed downhill to the finish at Aloha Stadium. Masters winners were Lloyd Stephenson (42, 53:17) and Connie Comisso-Fanella (41, 1:06:21).

- The highlight of the Aloha State Games T&F competition, Honolulu, HI, June 14-15, was the men's 100 Competing were three 77-year-olds plus an 81, 86, and 94-year-old. The world record was 11.20.

- Dale Lane, M55, 1995 USATF Masters T&F Athlete of the Year, posted the fastest 100 (11.56) and the USATF Mid-America Regional Masters Championships. Joplin, MO, June 7. Joe Lichner, M50, and Cathy Love, W35, fought it out for distance honors, with Love taking the 800 by two in 2:25.80, and Lichner the 1500 by three in 4:50.01.

- Bobby Kincaid, Kansas City, MO, celebrated his 50th birthday on June 2, 1996, by running in the Hospital Hill 12K in 46:13, a U.S. single age-group record. On June 1, 1991, Kincaid aged the HH 12K as a 60-year-old, with a very good 47.54, despite a painful foot injury. If he had been born a week earlier, he would have won the M60K (17:48) and 10K (37:00) at the Senior Sports Festival in Tucson. May. Kincaid made up some of his loss by traveling to the Hayward Classic in Eugene with fellow Kansans Paul Heitzman and winning the 3000 (11:00), 5000 (18:50), and 10000 (39:04). Kincaid was the 1996 Missouri HS champion in the mile (3:41.1) and half (2:03.5).

- The masters contest was the world's major publisher of books on technique and training. Write for free booklist.


- Betty Sisley, Eugene, OR, broke her W55-S9 U.S. javelin record of 107-6 with a 114-3 in a meet at Hayward Field, July 10.

- Dave Reed, 42, improved from a 4:32.3 (A-G 88.1%) in the Mundy Road Mile, June 1, to a 4:22 (A-G 91.6%) in the Ambleside Road Mile, June 7, to take first place with an 89.9% average in the two-mile race held in Coquitlam, BC. Herb Philips, 56, with 5:12.3 (85.9%) and 4:50 (92.5%), was a close second at 89.2. Debbie Collum, 45, placed fifth overall with 5:22.5 (84.5%) and 5:06 (90.7%). The top ten best average scores shared $1000.

- The British Veteran Athletic Federation Championships drew a record 700 competitors (including guests from Australia, South Africa, and Ireland) to Blackpool, June 28-29. Despite difficulties with the weather and photo-finish equipment, a number of new British records were established. Dave Stephen Peters, European M40 100, 200, and 400 champion, achieved a remarkable feat in wet, windy conditions, winning the 100 in 11.3, the 200 and 400. His main rival, Kwado Anahs, pulled up injured in the 100 final. Anahs was the only sprinter to beat Peters last season. Josie Waller, who made a clean sweep of the W70 1500, 5000 and 10000 in Miyazaki, set four British records in the W75 800 through to the 10,000.
Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of masters championships, which may be limited to men and women over age 40. International & U.S. meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NPM, PO Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL


EAST


August 17. Philadelphia Masters Championships, Swarthmore College, Pa. (See Aug. 6).


September 4-7. Rockford Senior Games. 50+ Patricia Haynes, 1401 N. Second St., Rockford, IL 61107-3086. 815-987-8800.

September 13-15. Mayor Daley Senior Games, Chicago, 50+. Laura Casey, 425 E. McPeftridge Dr., Chicago, IL 60605. 312-747-0792.

September 7-12. Active Times Games, Fort Wayne, 50+. Amy O'Boyle, Parks & Rec Center, 233 W. Main St., Fort Wayne, IN 46820. 219-427-6466.


MID-AMERICA

Connecticut, Iowa, Kansas, Minnesota, Missouri, New Mexico, Ohio, Nebraska, South Dakota.

August 3. The 21st Century AGELESS CHAMPIONSHIP MEET. EMREC. Use OMN. See entry info. page 17, and/or SAS: to Rachel Lyga. 122-NE 63½, Way, Minneapolis, MN 55432. 612-574-9661.

August 5-10. Rocky Mountain Senior Games, Greeley, Colo. Cole Kathman, 970-350-9433.

August 21. Denver TC Meet, All-City Stadium. 6 p.m. Andre Raveling, 303-320-0750.

September 30. Rocky Mountain Masters Games, Boulder, Colo. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452; Dave Simmons, 303-443-4919.


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

August 1-2. Oklahoma Masters Athletic Meet, Spaulpa H.S. Stadium, Tulsa, Okla. 918-446-0064.


WEST

Arizona, California, Hawaii, Nevada.


September 27. KELFeld 5th Annual Throw Meet, Santa Cruz. No fees. All-You-Can-Eat BBQ, WT & SW. Gary Kelensnow, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.


October 12. South County Masters Games, Cal State Long Beach, Long Beach, Calif. 40+ Bajigala Egger, 310-645-0271.

October 13-24. Huntsman World Senior Games, St. George, Utah. 1-800-556-1268.

November 15. Long Beach Senior Games, Long Beach City College, Long Beach, Calif. 50+. Karla Yuki, 310-570-1776.

CANADA


INTERNATIONAL

August 16. XVII San Juan Masters Championships, Central Park Facility, Miramar Sanctuary, Puerto Rico. Prize money for M40+ mile. Puerto Rico Masters Association, PO Box 31300, 65th
Long Distance Running

National


October 5. USATF National Masters Marathon Championships, Minneapolis, St. Paul, Minn. Indy Life Circuit Race. 1/2 mile X points. Scott Schneider, 708 N. First St., CR-33, Minneapolis, MN 55401. 612-673-0778.


East


860-4455; fax: 860-9754.


September 6. Run By The River 5K, Clarksville, Tenn. $9000 for M&W masters & grandmasters. SASE to RBTR 5K, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

September 27. Virginia 10 Mile, Lynchburg. Chris Ellis, Greater Lynchburg C C, P.O. Box 2027, Lynchburg, VA 24501. 800-732-5823.

February 28. Myrtle Beach Marathon & Marathon Relay, Myrtle Beach, S.C. Myrtle Beach Marathon, PO Box 8780, Myrtle Beach, SC 29578-8780.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.


October 19. Chicago Marathon, Marathon, IL 1015 E. LaSalle St., Chicago, IL 60611-2404. 312-243-3344; fax: 312-243-3562.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

August 2. Texas Avenue Mile, El Paso. 915-533-9062.

SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia.


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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN**

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**U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN**

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**National Masters Newts**

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**Athletes' Records**

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- **August 1997**
- **Athletes' Records**
- **Notes**
LEBER CHAPMAN (OB) 8-24-27
MARGARET NACHTWEY 6-22-27
FELICIA HILLYER 6-19-27
LOIS RICKETTS 6-22-27
MARIAN NADEL 6-25-27
ROBERT BOYD 6-28-27
JOHN KEEFE 6-30-27
LUCY DIAZ 7-3-27
SANDY HEATH 7-6-27
ADVANCE 7-10-27
MALE 7-11-27
WALTON 7-14-27
W65 Sally Monheim (CA) 8-5-42
W60 DIANE MILLER 8-10-42
W55 CAROLYN REID 8-15-42
W50 THERESA DOWNS 8-20-42
W45 JUDITH WEBB 8-25-42
W35 TINA SANTOS 8-30-42
W25 RUTH HENDRICKSON 9-5-42
W15 DIANE BRIDGES 9-10-42
W10 NANCY BROWN 9-15-42
M65 PAT DEVINE 8-23-37
M60 JUANITA RYAN 8-23-37
M55 TOM CURRY 8-29-37
M50 ROBERT WUTHRICH 8-34-37
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M40 STEVE BLOM 8-46-37
M35 CHARLES SANCHES 8-52-37
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M20 SAUL GONZALEZ 8-70-37
M15 ROMERIO 8-76-37
M10 CHARLES SANCHEZ 8-82-37
M05 JOHN WHITE 8-88-37
M00 BILL WRIGHT 8-94-37
W70 NARUMI KOBAYASHI 8-2-42
W65 SUSAN JOHNSON 8-7-42
W60 SUSAN HALL 8-12-42
W55 DIANE BROWN 8-18-42
W50 MARIA KOLTRON 8-24-42
W45 PAMELA WALKER 8-30-42
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M65 MIKE HILL 8-1-42
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M05 JOHN COWLEY 8-31-42
M00 JACK GENTRY 8-31-42
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W70 SUZANNE SUGDEN 8-7-42
W65 MARIA DAVIDSON 8-12-42
W60 AUDREY STEWART 8-18-42
W55 DIANNE HANSEN 8-22-42
W50 LOUISE CARTER 8-27-42
W45 MARILYN BAKER 8-32-42
W35 ANNA XRISAN 8-37-42
W25 ELOISE McCLURE 8-43-42
W15 JULIA FLETCHER 8-49-42
W10 WINIFRED GLEINER 8-55-42
W05 RUTH KNOWLES 8-59-42
W00 LETICIA KIRK 8-59-42
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REGINA JACOBS
Olympic Champion & World Record Holder

From RUNNER’S WORLD Magazine
Get to the heart of your exercise.

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Get even more out of your regular exercise by adding Endurox ProHeart. Endurox ProHeart is a unique combination containing Endurox®, the standardized extract of the herb ciwujia, antioxidant vitamins E and C, and folic acid. Vitamin E has been shown to prevent the formation of plaque-producing cells in the arteries.* Vitamin C and folic acid each play an essential role in preventing the buildup of free radicals and other metabolites, which interfere with normal heart and cardiovascular function. During exercise Endurox ProHeart is proven to shift the energy source from carbohydrate to fat! This carbohydrate shift increases the metabolism of fat up to 43% and also reduces muscle fatigue and soreness.* Endurox ProHeart is not a stimulant and has been used extensively without reported side effects.*

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